

WHAT IS CLAIMED IS:

1. A composition having an action preventing or alleviating symptoms or diseases due to aging of blood vessels, including any one of arachidonic acid and a compound having arachidonic acid as a component fatty acid.
2. A composition as set forth in claim 1, wherein said compound having arachidonic acid as a component fatty acid is any one of an alcohol ester of arachidonic acid, a triglyceride having arachidonic acid as a component fatty acid, and a phospholipid.
3. A composition as set forth in claim 2, wherein in said triglyceride having arachidonic acid as a component fatty acid, the ratio of the arachidonic acid in the total fatty acids comprising the triglyceride is at least 20%.
4. A composition as set forth in claim 2, wherein said triglyceride having arachidonic acid as a component fatty acid is extracted from a microorganism belonging to any one of the *Mortierella*, *Conidiobolus*, *Pythium*, *Phytophthora*, *Penicillium*, *Cladosporium*, *Mucor*, *Fusarium*, *Aspergillus*, *Rhodotorula*, *Entomophthora*, *Echinosporangium*, and *Saprolegnia*.
5. A composition as set forth in claim 2, wherein said triglyceride having arachidonic acid as a component fatty acid is a triglyceride including at least 5% of a triglyceride with a medium-chain fatty acid bonded to the 1,3-position and with arachidonic acid bonded to the 2-position.
6. A composition as set forth in claim 5, wherein said medium-chain fatty acid is selected from a fatty acid having 6 to 12 carbon atoms.
7. A composition as set forth in any one of claims 1 to 6, wherein said symptom due to aging of the blood vessels is a drop in the elasticity of the blood vessels.
8. A composition as set forth in any one of claims 1 to 6, wherein said symptom due to aging of the blood

vessels is arteriosclerosis and the disease is an ischemic cardiac disease.

9. A composition as set forth in claim 8, wherein said ischemic cardiac disease is one of myocardial infarction and angina.

10. A composition as set forth in any one of claims 1 to 6, wherein said symptom due to aging of the blood vessels is arteriosclerosis and the disease is cerebral apoplexy.

11. A composition as set forth in claim 10, wherein said cerebral apoplexy is one of cerebral hemorrhage and cerebral infarction.

12. A food or beverage having an action preventing or alleviating symptoms or diseases due to aging of blood vessels, including any one of arachidonic acid and a compound having arachidonic acid as a component fatty acid.

13. A food or beverage as set forth in claim 12, wherein said compound having arachidonic acid as a component fatty acid is any one of an alcohol ester of arachidonic acid, a triglyceride having arachidonic acid as a component fatty acid, and a phospholipid.

14. A food or beverage as set forth in claim 13, wherein in said triglyceride having arachidonic acid as a component fatty acid, the ratio of the arachidonic acid in the total fatty acids comprising the triglyceride is at least 20%.

15. A food or beverage as set forth in claim 13, wherein said triglyceride having arachidonic acid as a component fatty acid is extracted from a microorganism belonging to any one of the *Mortierella*, *Conidiobolus*, *Pythium*, *Phytophthora*, *Penicillium*, *Cladosporium*, *Mucor*, *Fusarium*, *Aspergillus*, *Rhodotorula*, *Entomophthora*, *Echinosporangium*, and *Saprolegnia*.

16. A food or beverage as set forth in claim 13, wherein said triglyceride having arachidonic acid as a component fatty acid is a triglyceride including at least

5% of a triglyceride with a medium-chain fatty acid bonded to the 1,3-position and with arachidonic acid bonded to the 2-position.

5 17. A food or beverage as set forth in claim 16, wherein said medium-chain fatty acid is selected from a fatty acid having 6 to 12 carbon atoms.

10 18. A food or beverage having an action preventing or alleviating symptoms or diseases due to aging of the blood vessels as set forth in claims 12 to 17 wherein said a food or beverage is any one of a functional food, a nutritional supplement, a food for specified health uses, and geriatric food.

15 19. A food or beverage as set forth in any one of claims 12 to 17, wherein said symptom due to aging of the blood vessels is a drop in the elasticity of the blood vessels.

20 20. A food or beverage as set forth in any one of claims 12 to 17, wherein said symptom due to aging of the blood vessels is arteriosclerosis and the disease is an ischemic cardiac disease.

25 21. A food or beverage as set forth in claim 20, wherein said ischemic cardiac disease is one of myocardial infarction and angina.

22. A food or beverage as set forth in any one of claims 12 to 17, wherein said symptom due to aging of the blood vessels is arteriosclerosis and the disease is cerebral apoplexy.

30 23. A food or beverage as set forth in claim 22, wherein said cerebral apoplexy is one of cerebral hemorrhage and cerebral infarction.

35 24. A food or beverage comprised of a combination of arachidonic acid and at least one of eicosapentaenoic acid and docosahexaenoic acid wherein the ratio of the arachidonic acid and said at least one of eicosapentaenoic acid and docosahexaenoic acid is in the range of 0.25 to 8.

25. A food or beverage including at least 0.001%

(weight) of a triglyceride with a medium-chain fatty acid bonded to the 1,3-position and with arachidonic acid bonded to the 2-position.

5        26. A food or beverage as set forth in claim 25, wherein said medium-chain fatty acid is selected from a fatty acid having 6 to 12 carbon atoms.

10      27. A method of producing a food or beverage having an action preventing or alleviating symptoms or diseases due to aging of the blood vessels, including blending in at least one of arachidonic acid and a compound having arachidonic acid as a component fatty acid alone or together with a food or beverage ingredient in which arachidonic acid is substantially not contained or is contained in a slight amount.

15      28. A method for prevention or treatment of symptoms or diseases due to aging of the blood vessels, including administering a subject requiring that administration one of arachidonic acid and a compound having arachidonic acid as a component fatty acid.